

Postgraduate Certificate

Gerontology and Stress Oxidative in Integrative Medicine for Nursing





Postgraduate Certificate Gerontology and Stress Oxidative in Medicine Integrative for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 8 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/pk/nursing/postgraduate-certificate/gerontology-stress-oxidative-medicine-integrative-nursing

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01

Introduction

Scientific studies support that a lower degree of Oxidative Stress increases the probability of being a centenarian. Longevity depends not only on genetic factors, but also on environmental factors. For this reason, Integrative Medicine has been able to take relevant steps, working on healthy habits to achieve a good aging. In this sense, this program offers healthcare professionals a complete update of their knowledge on gerontology, neurological pathologies associated with OE and biomechanics. All in a 100% online academic format and with innovative advanced content that can be accessed 24 hours a day, from a cell phone, tablet or computer with an internet connection.



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Get a really effective update on Gerontology through this 100% online program”

Longevity has been one of the great dreams of human beings; however, this focus on long life is accompanied by another desire: good health. Combining both concepts has led to the scientific study of Oxidative Stress and Gerontology.

In both areas it has been demonstrated that a decrease in OE favors the health of the person and, therefore, lengthens his or her years of life. At this point Integrative Medicine is committed to prevention and healthy habits, taking into account the characteristics of each person and without subjecting the patient to excessively toxic pharmacological treatments. This trend means that health care professionals need to keep abreast of the advances made in order to be able to offer better clinical care. That is why this 100% online Postgraduate Certificate was created, which provides the most current knowledge on Gerontology and Oxidative Stress.

All this, with a 100% online syllabus, which will lead to delve into population aging, the most advanced techniques and procedures in health *Antiaging* or Neurology. This latest update is complemented by advances in patients with Alzheimer's disease, arthritis or osteoporosis.

Likewise, due to the *Relearning* system, based on the reiteration of content throughout the academic course, the graduate will reduce the long hours of study, focusing only on consolidating the most innovative concepts addressed.

In this way, this academic institution favors a complete update through a Postgraduate Certificate, which is taught by authentic experts with extensive professional experience in Gerontology and Oxidative Stress in Integrative Medicine.

This **Postgraduate Certificate in Gerontology and Stress Oxidative in Medicine Integrative for Nursing** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ Practical cases presented by experts in Integrative Health
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions for experts, discussion forums on controversial issues and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



A dynamic update on Neurology and the main pathologies associated with Oxidative Stress"

“*You have pedagogical tools in which the latest technology applied to university teaching has been used*”

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

Learn about clinical advances in biomechanics and bring progress in arthritis patients to your clinical care.

Improve your competencies with this program and take effective measures for prevention and longevity.



02 Objectives

This Postgraduate Certificate has been designed for the healthcare professional to achieve an effective update of their competencies and skills in therapeutic procedures in Gerontology and Oxidative Stress. This update will be possible thanks to an advanced syllabus with a theoretical-practical approach that will allow you to enhance your daily practice in the office. Likewise, the graduate will have a faculty that will guide him/her during this academic journey, so that he/she can successfully reach his/her goals.



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Integrate into your daily practice the most effective procedures shown in the clinical cases provided by the excellent team of professionals in this program”



General Objectives

- ◆ Acquire the knowledge and skills required to assess the suitability of each discipline in the clinical setting, so as to provide quality care based on scientific evidence
- ◆ Refresh the knowledge of the Health Sciences professional in the various fields of Integrative Medicine
- ◆ Promote work strategies based on an integrative approach and multimodal rehabilitation as a reference model for achieving excellent care
- ◆ Promote the acquisition of technical skills and abilities through an effective multimedia system
- ◆ Encourage professional stimulation through continuous education and research





Specific Objectives

- ◆ Address advances in chronological aging research and measures for healthy aging
- ◆ Analyze changes in the neurological diseases that have the greatest impact on this population, such as Alzheimer's or Parkinson's disease

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Inquire at any time about the impact of Alzheimer's or Parkinson's disease in the elderly population”

03

Course Management

TECH maintains a philosophy based on offering all its students first level qualifications. For this reason, it carries out a rigorous selection procedure for each and every one of the teachers who teach the programs. In this case, the health care provider will have at his disposal a team with a wide experience in Integrative Medicine and a deep clinical knowledge in Gerontology. Furthermore, their human quality will allow for a much closer relationship with the graduate and will favor updating.



A close-up photograph of a person's hand, showing the texture of the skin and a small mole on the palm. The hand is positioned on the left side of the page, with a diagonal line separating it from a teal background on the right.

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You are before a qualification taught by health professionals with extensive professional experience in Integrative Medicine. Refresh your knowledge with the best”

Management



Dr. Menassa, Alejandra

- ◆ Responsible for the Internal Medicine Area and the Mental Health Unit at the Integrative Medicine Clinic
- ◆ Head of the Nutritional and Dietary Fields, Clínica Medicina Health
- ◆ Attending Physician in the Internal Medicine service Emergencies in the Service at the 12 de Octubre University Hospital
- ◆ Member of the Psychoanalytical Medical Team of Grupo Cero Film Production Company
- ◆ Master's Degree in Evaluation of Bodily and Psychosocial Damage, European Institute Ministry of Health and Social Welfare
- ◆ Expert in Judicial Psychological Evaluation by the Instituto Superior de Psicología Alborán
- ◆ Expert in Ozone Therapy in Internal Medicine, University of Havana
- ◆ Vice of the Spanish Society of Integrative Health and Medicine (SESMI)
- ◆ Members Spanish Society of Internal Medicine (SEMI)



Dr. Rodríguez Picazo, Pedro

- ◆ Attachments Director, UME clinic
- ◆ Director Founder of Medintegra
- ◆ Health Coordinator at Colisée
- ◆ Doctorate in Health Sciences, University of Alicante
- ◆ Degree in in Nursing in Community Health from the University of Alicante
- ◆ University Specialist in Osteopathy, Kinesiology and Acupuncture by the University of Murcia.
- ◆ Master's Degree in Advanced Integrative Health and Medicine by TECH Universidad Tecnológica
- ◆ ARPN, Healthcare Services by the European University Miguel de Cervantes
- ◆ Members Editorial Board of the RS&MI Integrative Medicine Magazine, Board of Directors of the Spanish Health Society and Integrative Medicine, Member of the European Society of Integrative Medicine, Member of the Society of Integrative Oncology

Professors

Dr. Cruz, Héctor

- ◆ Physician Specializing in Neurology
- ◆ Neurologist in the Terrassa Health Consortium
- ◆ Neurologist at the Hospital Clínico Universitario de Zaragoza
- ◆ Neurologist at the Vic Hospital Consortium
- ◆ Homeopath in the Marenostrum Family Health Center
- ◆ Author of several scientific articles
- ◆ Speaker at congresses related to Homeopathy
- ◆ Master's Degree by the Medical and Homeopathic Academy of Barcelona (AMHB)

Dr. García, Daniel

- ◆ Physical Therapist and Nurse
- ◆ Physiotherapist in private practice Daniel García Pérez-Juana
- ◆ Assistance Director at Clínica IMEDE
- ◆ Head of the Physiotherapy and Dietary Department, Clínica Medicina Health
- ◆ Doctorate in Health Sciences, University Rey Juan Carlos
- ◆ Master's Degree in Motor and Physiotherapy from Rey Juan Carlos University
- ◆ President and Founder of the Spanish Association of Tao Yin



The leading professionals in the field have come together to offer you the most comprehensive knowledge in this field, so that you can develop with total guarantees of success"

04

Structure and Content

The teaching team that teaches this degree has focused its efforts on providing a comprehensive and updated syllabus on Gerontology and Oxidative Stress in Integrative Medicine. In order to facilitate this refresher course, they have also designed innovative multimedia didactic material based on detailed videos, specialized readings, activities and clinical case studies. A wide range of pedagogical resources makes this program a dynamic and attractive academic option.



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A complete syllabus that will allow you to learn about the main advances in Chronological Age research in only 6 weeks”

Module 1. Gerontology and Pathologies related to Oxidative Stress

- 1.1. Advances in Chronological Age Research
- 1.2. Measures for Active and Healthy Aging
- 1.3. Neurology
 - 1.3.1. Alzheimer's Disease and Cognitive Deterioration
 - 1.3.1.1. Parkinson's Disease
 - 1.3.1.2. Sensory Dysfunction
 - 1.3.2. Biomechanics
 - 1.3.2.1. Muscles as a Metabolic Organ





“ You will successfully approach, from the perspective of Integrative Medicine, the health care of patients with sensory dysfunction”

05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

Certificate

The Postgraduate Certificate in Gerontology and Stress Oxidative in Medicine Integrative for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This program will allow you to obtain your **Postgraduate Certificate in Gerontology and Stress Oxidative in Medicine Integrative for Nursing** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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Accreditation: **8 ECTS**





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